

Woodstock Recreation Presents



Fall 2021 Session

Instructor: Sarah Hallowell

Wednesday Evenings

7:00-8:00p.m.

October 6, 13, 27 November 10, 17, December 1, 8, and 15

Where: Woodstock Town Hall (*lower level*) 415 Route 169 or virtual option over Zoom

Cost: \$64 (8 classes), \$32 (4 classes), or \$10 drop-in

The Zumba program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. A Zumba class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.

Name: _____ Phone: _____

Address: _____

Email: _____

Disclaimer: I, _____ will not hold the Woodstock Recreation Commission, including its representatives of the Town of Woodstock, nor the Town of Woodstock, including its representatives, liable for any injury sustained by me or our/my child while participating in the Adult Zumba Fitness Program sponsored by the Woodstock Recreation Commission. Participant understands all risks associated with the program and will not hold the Town liable if he/she contracts COVID-19. Participant also agrees to abide by all State and Federal COVID-19 guidelines followed by this program. If experiencing any symptoms of COVID-19 (examples include fever, cough, shortness of breath, etc.) user will not participate in Adult Zumba Fitness Program.

SIGNATURE _____ DATE _____

Printed Name: _____

Emergency Contact: _____

Emergency Contact Number: _____

Check payable to "WRD". Submit with payment to the Woodstock Recreation Department, 415 Route 169, Woodstock, CT 06281. Can also leave in drop box outside town hall.

For more information contact the Recreation Department at 860-928-5935 ext. 333 or email at anthonypez-zetti@woodstockct.gov. **No Refunds.**

PAID: Amount: _____ Cash: _____ Check: _____ Check Number: _____